

# CLASSTIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 - 11 Strong by Zumba				0930 - 1030 Zumba		
	12 – 1230 Legs Bums Tums	1315 – 1400 Aqua Zumba	1230 – 1300 Zumba			
	1830-1910 Abs Blast	1830 – 1930 Boxercise	1930 - 2030 Strong by Zumba			
1900 – 2000 Zumba	19.15-20.15 Jog Scotland Intermediate	19.30-20.30 Jog Scotland Beginners	1930 – 2030 Legs Bums Tums			

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**ABERDEEN ALTENS**  


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HEALTH CLUB